

OH

M A G A Z I N E

MAY/JUNE 2011



Dear OH Readers,

Summer is upon us and just as the seasons change, we all need a little help staying or getting back on track once in awhile. Tracking your food intake, your activities, and body measurements, can be an important aspect of your weight loss journey. Have you been taking advantage of the OH (ObesityHelp) Health Tracker? If not, I invite you to sign on to your OH profile or join as a member. Your free membership and profile allows you access to the Health Tracker as well as many other tools to help you along your weight loss journey. You can share your journey with your peers, or choose to keep your journey exclusive to your eyes only.

There are many other tools to help you stay on track. In the Community section of ObesityHelp.com, you can join a "Stay On Track" OH group, or a group that best supports your journey, or you can start a group of your own. And don't forget to browse the many forums that have been designed to support, inspire, and inform you.

Last but not least, I encourage you to blog your journey on your OH profile. Blogging is a great way to keep you accountable and to give back to the community. Your words, insights, and thoughts can make a difference in another OH community member's journey. Sometimes, it just helps to know you are not alone. Support others, stay on track, and blog away! See you online...until the next issue of OH Magazine.

Have a happy and healthy Summer!

Tammy J. Colter

Editor-In-Chief

Visit my online profile:

<http://www.obesityhelp.com/member/tammycolteroh/>

8001 Irvine Center Drive, Suite 1270
Irvine, CA 92618

Advertising: 866-957-4636 x 342

Editorial: 866-957-4636 x 353

Email: Editor@ObesityHelp.com

www.obesityhelp.com/magazine/

FOUNDER Eric Klein

PUBLISHER Tammy J. Colter

ART DIRECTOR Michael Miller

EDITOR-IN-CHIEF Tammy J. Colter

MEDICAL EDITOR Terry Simpson, MD, FACS

CONTRIBUTING EDITORS Keith Plouffe, MS, Connie Stapleton, PhD, Kristin Stevens, Cathy Wilson, PCC-ICF, CLC

STAFF WRITERS Kim Gyurina, Cathy Wilson, PCC-ICF, CLC

CONTRIBUTING WRITERS Mark B. Allen, MPT, Traci Baker, Vickie Bovee, MS, RD, LD, Paul Cirangle, MD, FACS, FASMBS, Cari De La Cruz, Chef Dave Fouts, Christine Gerbstadt, MD, RD, Steven Gitt, MD, Sandi Henderson, Dominic Heffel, MD, Brianna Kirtland, Sergey Lyass, MD, Lynn McClean, Antonia Namnath, Connie Stapleton, PhD, Jennifer Tarlin

DIRECTOR OF MARKETING Jason Riddle, 866-957-4636 x 363

ADVERTISING/SALES Bo McCoy, Chris Smith 866-957-4636 x 365

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